

## Competitive Behavior Questionnaire

Name \_\_\_\_\_ Date \_\_\_\_\_

Circle the number that best describes your feelings about the statement. Be sure to respond truthfully to each statement.

<u>Statement</u>	<u>Always</u>	<u>Sometimes</u>	<u>Never</u>
1. I get nervous when people watch me compete.	3	2	1
2. I have trouble sleeping the night before a contest.	3	2	1
3. I can't focus after making a mistake.	3	2	1
4. I perform better in practice than in a match.	3	2	1
5. I make more mistakes when the score is close.	3	2	1
6. I get angry at myself when I make mistakes in competition.	3	2	1
7. When a coach yells I lose my focus.	3	2	1
8. I stay focused and positive before any competition.	3	2	1
9. I get easily distracted before a contest.	3	2	1
10. The more challenging the competition, the better I perform.	3	2	1
11. I enjoy competing.	3	2	1
12. I don't like to think about the contest because it makes me too nervous.	3	2	1
13. I worry a lot about getting injured.	3	2	1
14. I feel sick or weak before a contest.	3	2	1
15. I set my own goals for practice and competitions.	3	2	1
16. I find it hard to listen to my coach during a contest.	3	2	1
17. I perform best when I'm nervous or worried.	3	2	1
18. I'm usually disappointed by the outcomes of my competitions.	3	2	1
19. I constantly think about my performance after a competition is over.	3	2	1
20. Butterflies bother me throughout a competition.	3	2	1

21. The bigger the crowd, the more worried or tense I become. 3 2 1

22. I have trouble focusing after an official makes a bad call against me. 3 2 1

Total Score \_\_\_\_\_